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# Health Benefits of Hot Cayenne Tea

by RYN GARGULINSKI | Last Updated: Dec 16, 2015

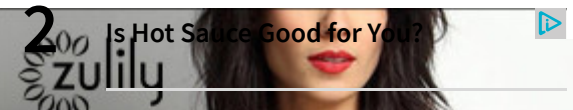


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Cayenne pepper applied topically and taken internally in the form of tea can help alleviate pain, Encyclopedia.com reports. The hot tea can distract the sensory nerves from their focus on the pain, giving your body temporary relief from it. The tea also reduces a chemical known as substance P, which is responsible for transmitting pain signals from your nervous system to the brain. With less substance P coursing through your body, your brain has a reduced chance of receiving the signals usually sent by the substance.

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### Other Benefits

Other health benefits of hot cayenne tea include helping alleviate coughs and congestion as well as stress-related depression, fatigue and low energy levels. The tea thins the mucus in your body, resulting in an overall enhanced flow of fluids throughout your system.

### Considerations

While hot cayenne tea can be beneficial for adults, it can come with side effects, according to the University of Maryland Medical Center. It can also be harmful to children, especially those under the age of 2. An upset or irritated stomach is a potential side effect, especially if you suffer from heartburn or ulcers. Ingesting excessive amounts of cayenne can also lead to liver and kidney damage.

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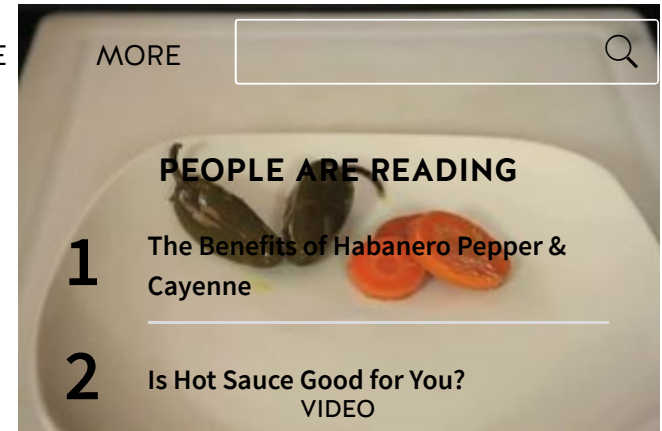
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